



## OVERVIEW ASANA, PRANAYAMA AND BANDHA

\* Surya and Chandra Namaskar (Variations of Yoga Therapy, Hatha and Vinyasa Yoga)

\* **Meditation and Relaxation Asanas:**

- Sukhasana / Easy cross-legged pose
- Swastikasana / Auspicious pose
- Ardha Padmasana / Half lotus pose
- Padmasana / Lotus pose
- Dhyana Veerasana / Heroes meditation pose
- Vajrasana / Thunderbolt pose
- Shavasana / Corpse Pose
- Matsya Kridasana / Flapping fish pose
- Makarasana / Crocodile pose
- Balasana / Childs pose

\* **Asanas in Supine Position:**

- Padotthanasana / Raised leg pose
- Chakra Padasana / Leg rotation
- Pada Sanchalanasana / Cycling
- Halasana / Plough pose
- Druta Halasana / Dynamic plough pose
- Pawanmuktasana / Wind release pose
- Jhulana Lurhakanasana / Rocking and rolling
- Supta Udarakarashanasana / Sleeping abdominal stretch pose
- Shava Udarakarshanasana / Universal spinal twist
- Naukasana / Boat pose
- Matsyasana / Fish pose
- Ardha Chakrasana / Shoulder bridge pose
- Chakrasana / Wheel pose



**\* Asanas in Prone Position:**

- Saral Bhujangasana / The sphinx
- Sarpasana / Snake pose
- Bhujangasana / Cobra pose
- Tiryaka Bhujangasana / Twisting cobra pose
- Ardha Shalabhasana / Half locust pose
- Shalabhasana / Locust pose
- Dhanurasana / Bow

**\* Asanas in Sitting Position:**

- Chakki Chalanasana / Churning the mill
- Nauka Sanchalanasana / Rowing the boat
- Setu Asana / Bridge pose
- Saithalyasana / Animal relaxation posture
- Paschimottanasana / Back stretching pose
- Ardha Paschimottanasana / Head to knee pose
- Meru Wakrasana / Spinal twist
- Ardha Matsyendrasana / Half spinal twist
- Bhu Namanasana / Spinal twist prostration pose
- Parivritti Janu Asana / Spiralled head to knee pose
- Merudandasana / Spinal column pose
- Gomukhasana / Cows face pose
- Marjari Asana / Cat stretch pose
- Vyaghrasana / Tiger pose
- Shashankasana / Hare pose
- Shashank Bhujangasana / Striking cobra pose
- Ashwa Sanchalanasana / Equestrian pose
- Ardha Chandrasana / Crescent moon pose
- Hanumanasana / The split
- Ushtrasana / Camel pose
- Supta Vajrasana / Sleeping thunderbolt pose
- Santolanasana / Balancing pose
- Sunsasana / The dolphin pose
- Pada Angushthasana / Tiptoe pose



- Yogamudrasana / Psychic union pose
- Gupta Padmasana / Hidden lotus pose
- Tolangulasana / Weighing scale pose
- Kashtha Takshanasana /Chopping wood
- Namaskarasana / Salutation Pose
- Udarakarshanasana /Abdominal stretch pose
- Kakasana / Crow pose
- Hamsasana / Swan pose
- Mayurasana / Peacock pose
- Parvatasana / Mountain pose
- Ashtanga Namaskara / Salutation with eight points

**\* Asanas in Standing Position:**

- Tadasana / Tree pose
- Hasta Utthanasana / Raised arms pose
- Padahastanasana / Hand to toe pose
- Utkatasana / Chair pose
- Tiryaka Tadasana /Swaying palm tree pose
- Kati Chakrasana / Waist rotating pose
- Trikonasana / Triangle pose
- Parivritti Trikonasana
- Veerasana or Virabhadrasana / Warrior pose
- Eka Padasana / One foot pose
- Moordhasana / Crown based pose
- Sirsha Angusta Yogasana / Head to toes pose
- Eka Pada Pranamasana / One legged prayer pose
- Garudasana / Eagle pose
- Natarajasana / Lord Shivas pose



**\* Inverted Asanas:**

- Viparita Karani / Preparatory movement for shoulder stand
- Sarvangasana / Shoulder stand
- Padma Sarvangasana / Shoulder stand in lotus pose
- Sirshasana / Headstand
- Salamba Sirshasana / Supported headstand

**\* Pranayama:**

- Natural Breathing
- Abdominal Breathing / Diaphragmatic breathing
- Thoracic Breathing
- Clavicular Breathing
- Yogic Breathing
- Surya Bheda Pranayama / Vitality stimulating breath
- Anuloma Viloma Pranayama / Alternate nostril breathing
- Sheetal Pranayama / Cooling breath
- Sheetkari Pranayama / Hissing breath
- Bhramari Pranayama / Humming bee breath
- Ujjayi Pranayama / The psychic breath
- Bhastrika / Bellows breath
- Kapalbhata Pranayama / Frontal brain cleansing breath

**\* Bandha:**

- Jalandhara Bandha / Throat lock
- Uddiyana Bandha / Abdominal lock
- Moola Bandha / Pelvic lock
- Maha Bandha / The great lock